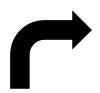


GROW Model Framework





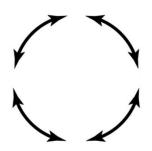
GOAL

Provide understanding of focus for a coaching session related to a problem, challenge, or opportunity



WILL

- Step 1: Accountability and achievement of goals
- Step 2: Follow up and feedback



REALITY

- Assess current situation in terms of what actions have been taken so far
- Assess potential challenges or barriers



OPTIONS

Assess other possibilities alternatives, and resources



Permission to use GROW Model granted by estate of Sir John Whitmore and Performance Consultants International

UNCLASSIFIED

-